

## **20 Ways To Maintain A Healthy Level Of Insanity**

- 1. At Lunch Time, Sit In Your Parked Car With Sunglasses on and point a Hair Dryer At Passing Cars. See If They Slow Down.**
- 2. Page Yourself Over The Intercom. Don't Disguise Your Voice.**
- 3. Everytime someone asks you to do Something, ask if they want Fries with that**
- 4. Put Your Garbage Can On Your Desk And Label it "In".**
- 5. Put Decaf In The Coffee Maker For 3 Weeks. Once Everyone has Gotten Over Their Caffeine Addictions, Switch to Espresso.**
- 6. In The Memo Field Of All Your Checks, Write "For Smuggling Diamonds".**
- 7. Finish All Your sentences with "In Accordance With The Prophecy"..**
- 8. Don't use any punctuation.**
- 9. As Often As Possible, Skip Rather Than Walk.**
- 10. Order a Diet Water whenever you go out to eat, with a serious face.**
- 11. Specify That Your Drive-through Order Is "To Go".**
- 12. Sing Along At The Opera.**
- 13. Go To A Poetry Recital. And Ask Why The Poems Don't Rhyme?**
- 14. Put Mosquito Netting Around Your Work Area & Play tropical sounds all Day.**
- 15. Five Days In Advance, Tell Your Friends You Can't Attend Their Party Because You're Not In The Mood.**
- 16. Have Your Co-workers Address You By Your Wrestling Name, Rock Bottom.**
- 17. When The Money Comes Out The ATM, Scream "I Won! I Won!"**
- 18. When Leaving the Zoo, Start Running towards the Parking lot, Yelling "Run For Your Lives! They're Loose!"**
- 19. Tell Your Children Over Dinner, "Due To The Economy, We Are Going To Have To Let On e Of You Go."**
- 20. And The Final Way To Keep A Healthy Level Of Insanity ...  
Send This To Someone To Make Them Smile.**